



# PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF JAPAN\*

EACH RECIPE SERVES 6-8

1. Pick your favorite PASTA; cook one minute less than package directions. Drain; reserve 1/2 cup of pasta water.
2. Add BASE FLAVOR to bowl.
3. Add FLAVORING to same bowl.
4. Add PROTEIN to bowl with BASE FLAVOR & FLAVORING and toss. Set aside and marinate for 5 minutes.
5. Heat OIL in large skillet over medium-high heat. Add PROTEIN and cook until done.
6. Add VEGETABLES to skillet. Adjust seasoning with salt and pepper, to taste. Cook until tender-crisp. Add PASTA and reserved pasta water; cook until most liquid is absorbed.
7. Remove skillet from heat. Garnish with TOPPINGS.

**6** 3 CUPS VEGETABLES  
**FROZEN EDAMAME, SHELLED**  
OR



SHITAKE MUSHROOMS, SLICED    SHISHITO PEPPERS, WHOLE    NAPA CABBAGE, THINLY SLICED  
JAPANESE EGGPLANT, THINLY SLICED    CARROTS, SHREDDED




**7** 1/4 CUP TOPPINGS  
**IKRA (CURED SALMON ROE)**  
OR




PICKLED SUSHI GINGER, SLICED    EGG, SCRAMBLED OR HARD BOILED, CRUMBLed    SCALLIONS, SLICED  
DAIKON RADISH SPROUTS    NORI SEAWEED STRIPS, THINLY SLICED

**4** 1 LB. OF PROTEIN  
**TUNA OR SALMON, RAW, BONELESS & CUBED**  
OR




**5** 3 TBSP. OIL  
**VEGETABLE OIL**  
OR



PEANUT OIL    CANOLA OIL    SOYBEAN OIL    SAFFLOWER OIL


**2** 4 TBSP. BASE FLAVOR  
**PONZU SAUCE (JAPANESE CITRUS SEASONED SOY SAUCE)**  
OR



BEEF SIRLOIN, BONELESS & THINLY SLICED    SHRIMP, PEELED & DEVEINED    CHICKEN THIGHS, BONELESS, SKINLESS & CHOPPED  
PORK LOIN, BONELESS & THINLY SLICED    MEDIUM FIRM TOFU, PRESSED & CUBED



**3** 1 TBSP. FLAVORING  
**WASABI PASTE**  
OR



TOGARASHI (JAPANESE 5 SPICE)    FERMENTED BLACK GARLIC CLOVES, GENTLY PRESSED    GINGER, FRESHLY GRATED  
MIRIN    MISO PASTE

**1** 1 BOX OF PASTA  
**BARILLA® WHOLE GRAIN SPAGHETTI**  
OR



SEASONED RICE VINEGAR    TERIYAKI SAUCE    SHOYU (JAPANESE SOY SAUCE)    SAKE



BARILLA® LINGUINE    BARILLA® ORZO    BARILLA® COLLEZIONE BUCATINI  
BARILLA® ANGEL HAIR    BARILLA® THIN SPAGHETTI

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\*Beyond the Italian, Mediterranean diet, Barilla chefs also use their knowledge and inspiration from working in kitchens all over the world to develop these recipe builders, inspired by healthy global cuisines.